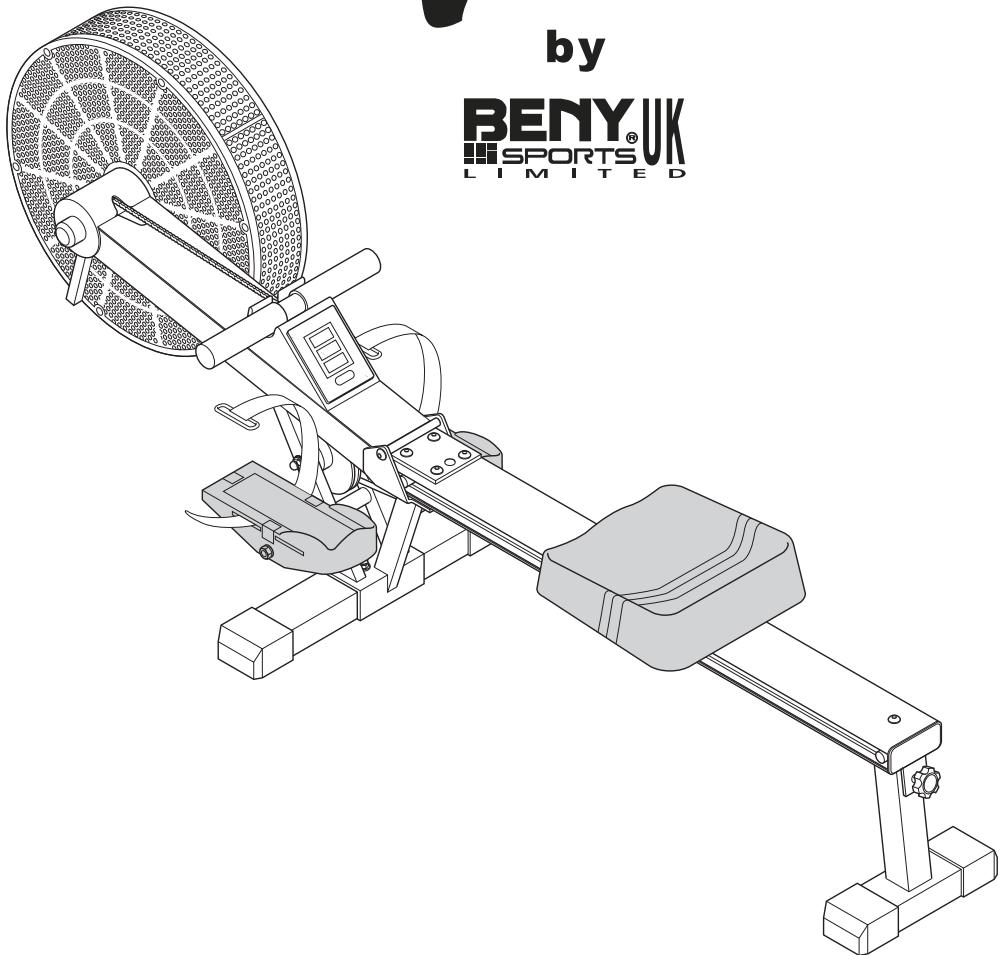


V-fit

by

BENY UK
SPORTS
LIMITED



Air Rower

AR1

Assembly & User Manual

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General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 0871 222 0882 or
Fax:- 01535 637722 or
Email:- beny@bensports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

Beny Sports Co. UK Ltd. guarantee's its product range for **DOMESTIC USE ONLY**.

For specific guarantee periods please consult the Guarantee Registration Card supplied with your product. During the Guarantee Period we have the right to: -

- a). provide parts for the purchaser to effect repair.
- b). repair the product returned (at the purchaser's cost) to our warehouse.
- c). replace the product if it is deemed economical to do so.

This guarantee applies to the original purchaser only and is not transferable.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse or defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product, we may ask for proof of purchase. To enable us to service your requirement for replacement parts, you must return the enclosed Guarantee Registration Card within 14 days of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This does not affect your statutory rights as a consumer.

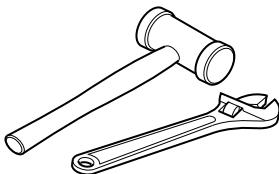
Customer Support

Tel:- 0871 222 0881 or
Fax:- 01535 637722 or
Email:- beny@bensports.co.uk

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Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW

Before you Start



Tools

If required, all of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Safety



Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
253LBS / 18 Stones / 115KG or less.*

Conformity

*This product conforms to:
(BS EN 957) - PARTS 1 and 7 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.

Exercising Information



Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone (con't)

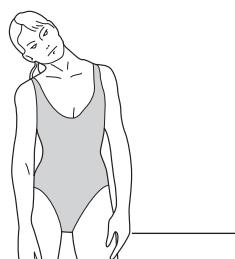
USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

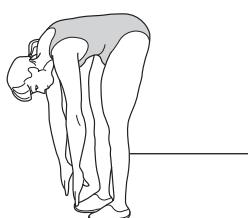
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

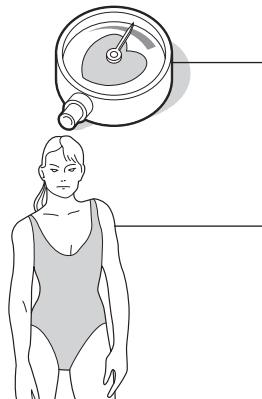
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

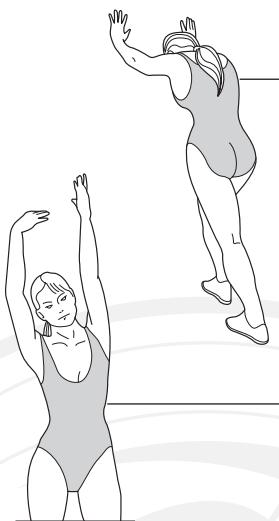
Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count.
Relax then repeat for the left shoulder.
Repeat 3 - 4 times.



Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg.
Repeat 2 - 3 times.

Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm.
Repeat 3 - 4 times.



Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended.
Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes

Cool Down 5 Minutes

Exercise 4 minutes at 'A'

Rest 1 minute

Exercise 2 minutes at 'A'

Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes

Cool Down 5 Minutes

Exercise 5 minutes at 'A'

Rest 1 minute

Exercise 3 minutes at 'A'

Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes

Cool Down 5 Minutes

Exercise 6 minutes at 'A'

Rest 1 minute

Exercise 4 minutes at 'A'

Exercise slowly 3 minute

Week 7 & 8

Warm Up 5 - 10 Minutes

Cool Down 5 Minutes

Exercise 5 minutes at 'A'

Exercise 3 minutes at 'B'

Exercise 2 minutes at 'A'

Exercise slowly 1 minute

Exercise 4 minutes at 'A'

Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes

Cool Down 5 Minutes

Exercise 5 minutes at 'A'

Exercise 3 minutes at 'B'

Exercise 2 minutes at 'A'

Exercise slowly 1 minute

Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.

Exercising Information



EXERCISING WITH YOUR AIR ROWER

It is possible to use your Artemis Air Rower in two different ways, to increase cardiovascular fitness and create lower body / upper body leg and arm strength.

AEROBIC WORKOUT

It is not possible to manually increase or decrease the rowing resistance for aerobic workouts on your Artemis Air Rower in order to build cardiovascular fitness. However, the Rowing-Arm strength increases proportionately with the rowing speed and effort. E.g. the harder or quicker you row, the more resistance, or drag is created by the Air Fan. With all aerobic exercise, you should exercise at a constant, reasonable pace when warmed up. (See the section about Warm-Up and Target Heart Rate Training elsewhere in this booklet). The aerobic benefit of the exercise will increase as the rowing rate increases and your cardio-vascular fitness will benefit as a result. The muscles in the legs, thighs, arms and lower back will also be strengthened by the rowing action.

STRENGTH WORKOUT

As with the Aerobic Workout, it is not possible to directly increase the rowing resistance for a full strength workout on your Artemis Air Rower in order to build muscle strength. However, if you increase your Rowing-Arm strength in order to generate more drag on the air fan, the exercise resistance will increase, allowing the muscles in the legs, thighs, arms and lower back to be strengthened by the rowing action. Your cardio-vascular fitness will, with time, also benefit.

EXERCISE MONITOR FUNCTIONS

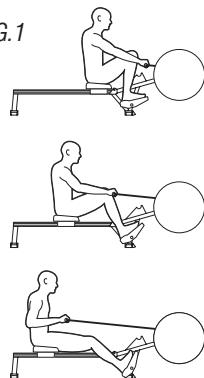
With your Artemis Air Rower the 3 screen, 6 function Exercise Monitor is set to start automatically when you begin to row. However, it is possible to switch on the monitor by pressing the Page Change Button at the bottom of the monitor. To save battery consumption, the monitor will also switch off after it has been idle for approximately four minutes.

Please refer to the leaflet supplied with the Exercise Monitor for all operational functions.

Exercising Information



FIG. 1



EXERCISE No. 1

THE COMPLETE ROWING ACTION

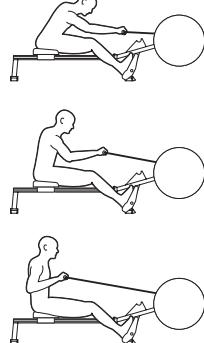
This exercise will help tone and strengthen the muscle groups in your legs, arms, shoulders, back and stomach.

Start as shown in Fig. 1 with the rowing-grip fully 'home'. Slide down on the seat, knees bent and grasp the rowing-grip.

Slowly move backwards, keeping a straight back, extending the legs and pulling the rowing-grip towards your chest.

Return to the start position and repeat.

FIG. 4



EXERCISE No. 2

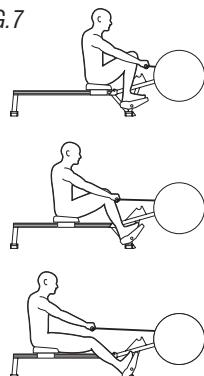
ARMS ONLY ROWING

This exercise will help isolate the muscles in your arms, shoulders, back and stomach.

Start as shown in Fig. 4 with your legs straight. Lean forward and grasp the rowing-grip. In a gradual and controlled manner, return to the fully upright position, curling, (overhand grip for Triceps muscle exercise) or pulling, (underhand grip for Biceps muscle exercise) the rowing-grip towards the chest until fully extended.

Return to the start position and repeat.

FIG. 7



EXERCISE No. 3

LEGS ONLY ROWING

This exercise will help tone and strengthen the muscles in your legs and back.

Start as shown in Fig. 7 with your back straight and arms outstretched. Slide down on the seat, knees bent and grasp the rowing-grip.

Extending your legs only and ensuring that you keep your back and arms straight, push your body back toward the end of the rower main rail. Return to the start position and repeat.

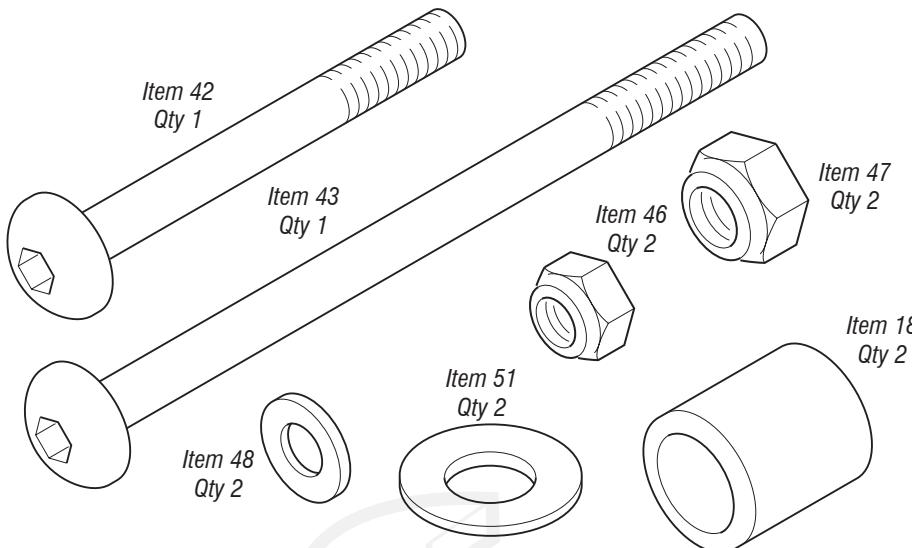
Assembly



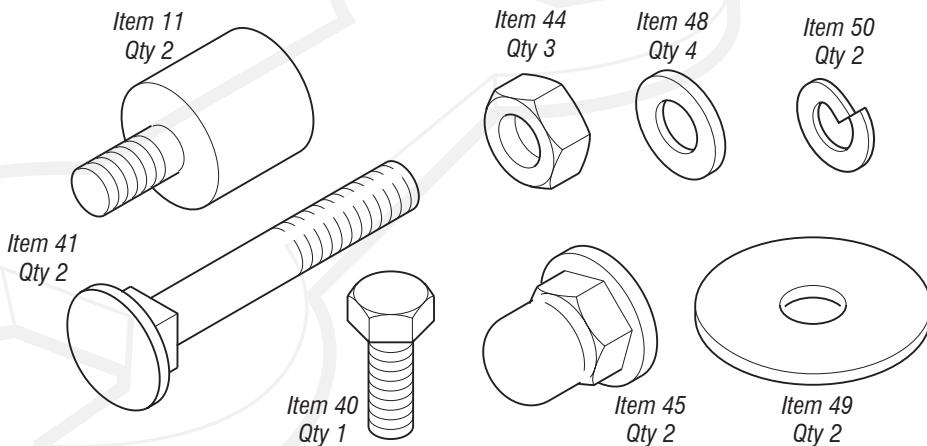
ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your product.

The following accessories are loosely assembled to the frame or master component and will need to be removed prior to assembly



The following accessories are supplied in a pack and should be checked before attempting assembly



All accessories are drawn to scale.

Assembly



Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our **CUSTOMER SUPPORT** team.

In any event, please do not return the product to your retailer before contacting us first.

Tel:- 0871 222 0882 or

Fax:- 01535 637722 or

E-mail:- beny@bensports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday.

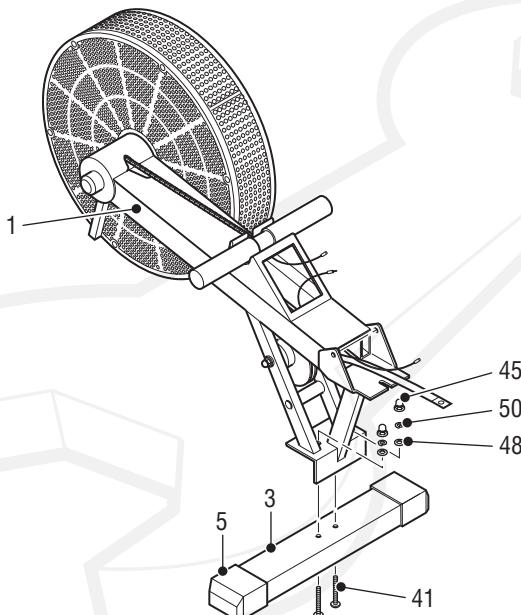
Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

- 1** Securely attach the Front Frame Stabiliser (3) to the Main Frame (1) with 2 x M8 x 45mm Carriage Bolts (41) 2 x M8 Small OD Flat Washers (48) 2 x M8 Spring Washers (50) and 2 x M8 Dome Nuts (45).



Note

The Front Frame Stabiliser Roller Wheels (5) must face forward to ensure ease of transportation for storage.



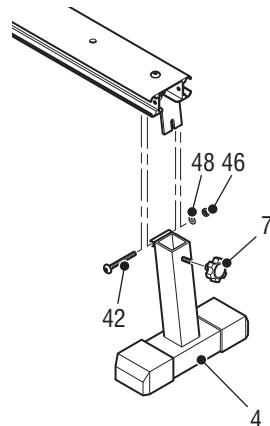
Assembly



2

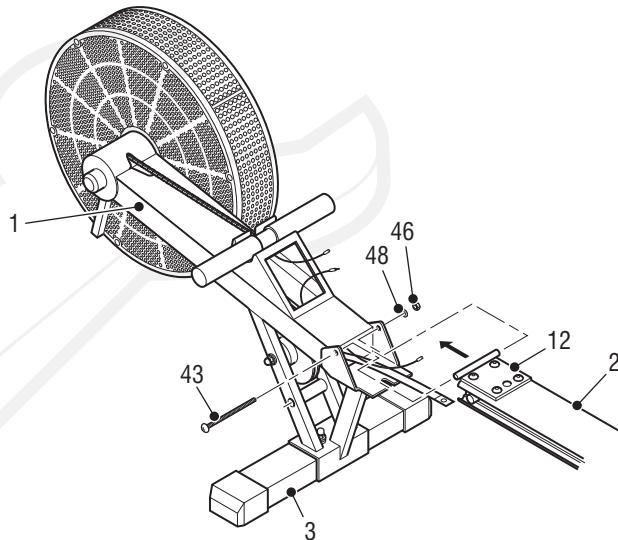
Attach the Rear Frame Stabiliser (4) to the underside of the Main Rowing Rail (2) using 1 x M8 x 75mm Allen Bolt (42), 1 x M8 Small OD Flat Washer (48) and 1 x M8 Nylon Locknut (46).

Secure this in place by tightly fitting the Rear Stabiliser Knob (7).



3

Connect the front end of the Main Rowing Rail to the Rowing Rail Pivot Bracket (12) on top of the Main Frame with 1 x M8 x 135mm Allen Bolt (43), 1 x M8 Small OD Flat Washer (48) and 1 x M8 Nylon Locknut (46).



Assembly



4

Raise the back of the Main Rowing Rail or turn the Artemis Air Rower on its side and attach the Return Chord (36) from inside the Main Rowing Rail to the Drive Strap (34) passing it through the back of the Main Frame, using the Drive Strap - Cord Clip (35) that is pre-fitted to the end of the Return Chord. (see figA).

Ensure that the Drive Strap (34) exits the Drivewheel (30) from the TOP as damage or failure may occur due to friction on the frame or fixing bolts.

Connect the Exercise Monitor Link Cable (21) to the Seat Sensor Cable (22) ensuring that the contacts are pushed fully home. (You will hear / feel 2 clicks indicating that correct contact has been made). (see figD)

Lower the assembled Rowing Rail or sit the rower flat and secure in place with 1 x M8 Large OD Flat Washer (49) and the Rowing Rail Pivot Knob (14), tightening securely. Note: - It is imperative that the Large OD Flat Washer is fitted before using your Artemis Air Rower.



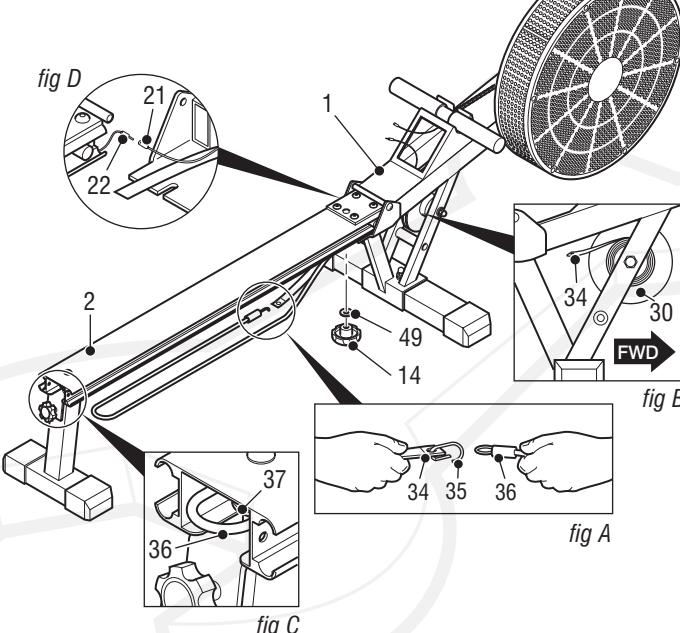
Note

Before fitment, ensure that the Drive Strap (34) is wound around the Drive Wheel (30) for 2 full rotations as this will ensure correct return strength of the Row Grip (see fig B)



Note

Please ensure that the Return Chord (36) is situated in the centre of the Return Chord Pulley (37) at the rear of the Main Rowing Rail before finally connecting the Drive Strap and Return Chord together. (see fig C)



Assembly



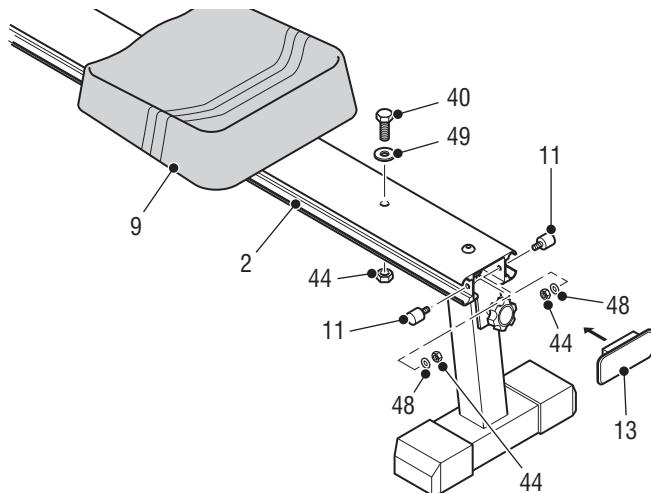
5

Slide the assembled Seat Carriage (9) onto the Main Rowing Rail from the back and fit a Seat Carriage Stop Assembly (11) to each side of the Rail with the 2 x M8 Small OD Flat Washers (48) and 2 x M8 Plain Nuts (44) which should be fitted on the inside of the rail. Cap the end with the Rowing Rail End Cap (13).



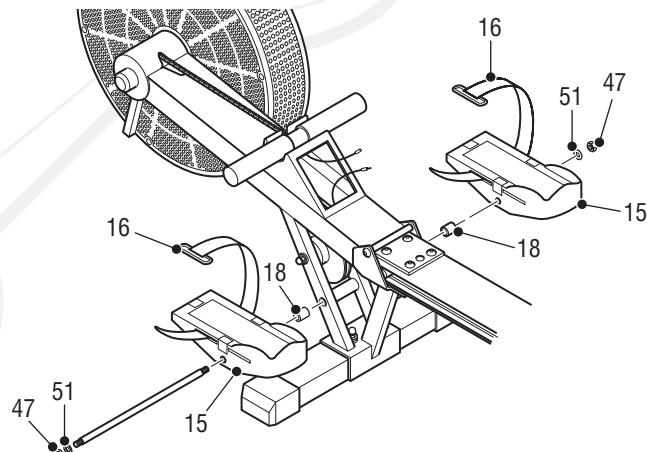
Note

Compliance to BS EN 957 requires that an additional / alternative seat stop to be fitted. If desired, please fit the 1 x M8 x 20mm Hex Bolt (40) and 1 x M8 Large OD Flat Washer (49) in the hole on the top of the Main Rowing Rail and secure in place from the underside using 1 x M8 Plain Nut (44). A hard rubber buffer is pre-fitted to the underside of the Seat Carriage (9) to act as a stop.



6

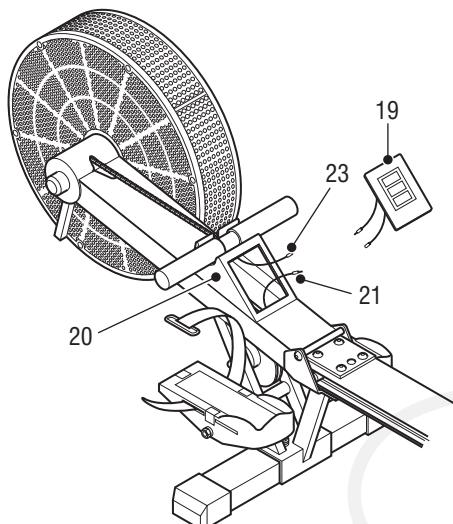
For your convenience, the Velcro style adjustable Footplate Straps (16) are pre-fitted to the Footplates (15) in the lower of the 2 positioning options. Slide the Footplate Crossbar (17) into the Main Frame and then slide a Footplate Crossbar Spacer (18) onto each end of the bar, followed by a Footplate, securing in place with 2 x M10 Large OD Flat Washers (51) and 2 x M10 Nylon Locknuts (47).



Assembly



- 7** Connect the Air Fan Sensor Cable (23) to the **MALE** plug in the rear of the Exercise Monitor (19) and the Exercise Monitor Link Cable (21) to the **FEMALE** plug ensuring that the contacts are pushed fully home. (You will hear / feel 2 clicks indicating that correct contact has been made). Guide the spare length of the Air Fan Sensor Cable into the exit cutout in the Main Frame then carefully push the complete Exercise Monitor (19) into place in the top of the Monitor Console (20).



Assembly



Note

There is no other way of increasing rowing resistance during your exercise routine, but please bear in mind that rowing is essentially an aerobic exercise.



Note

When you have finished your routine, be sure to set the Row Grip in its rest on top of the Exercise Monitor Console to partially release the tension on the Drive Strap, Return Chord and other internal components when your Artemis Air Rower is not in use.



Note

In the interest of safety, do NOT use polish or any lubricant on the seat or footplates.

OPERATING ADJUSTMENTS and GENERAL USER INFORMATION

LEVELLING THE AIR ROWER

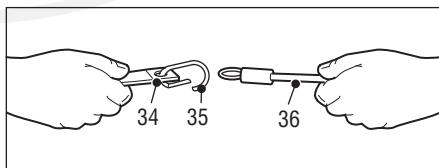
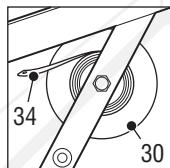
For security and stability, your Artemis Air Rower has a factory welded main frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Artemis Air Rower is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use

RESISTANCE ADJUSTMENT

Your Artemis Air Rower does not have a user applied resistance adjustment. However, to ensure smooth efficient rowing action, your Artemis Air Rower applies its resistance by the action of the fully enclosed air fan on air drawn into the air fan cover. The greater the effort put into the rowing action, the greater in relation, the resistance becomes.

ROW GRIP RETURN ADJUSTMENT

To adjust the rate of return of the Row Grip (24), simply disconnect the Return Chord (36) from the Drive Strap (34). Wind the Drive Strap around the Drive Wheel (30) one further time and reconnect the Composite Return Chord to the Drive Strap, ensuring that the OPEN end of the Drive Strap - Chord Clip (35) is facing DOWN. This will increase the rate of return of the Row Grip.



LUBRICATION and MAINTENANCE

The moving parts in your Artemis Air Rower are all pre-lubricated at assembly and should not require further attention. We strongly recommend however, that the rower is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the rower and any attachments before use.



Exercise Notes

Use this space to record your own exercise routine results.

Problem Solving

ROWERS

“ Computer not working ”

Affects : HR2 - HR3

Solution : Check integrity of computer connection.

Check pickup magnet & holder are correctly fitted into seat carriage. Check seat carriage is fitted the correct way round. Fit new pickup magnet. Fit new computer.

“ Excess / uneven resistance on row arms ”

Affects : HR2 - HR3

Solution : Loosen the “T” knobs and line up the brackets to the same height on each row arm. The lower down the arm, the less the resistance. Replace cylinder.

“ No resistance on rower ”

Affects : AR1

Solution : Check that the drive chain is on the drive gear. Refit chain. Check that the drive strap and return chord are connected correctly as per manual.

“ Row arm / handle will not pull ”

Affects : AR1

Solution : Release the drive strap from the main frame and connect it to the return chord as per manual.

“ No spm / counter reading ”

Affects : AR1

Solution : Re-make the third connection in line on the seat sensor cable between the rowing rail and the main frame.

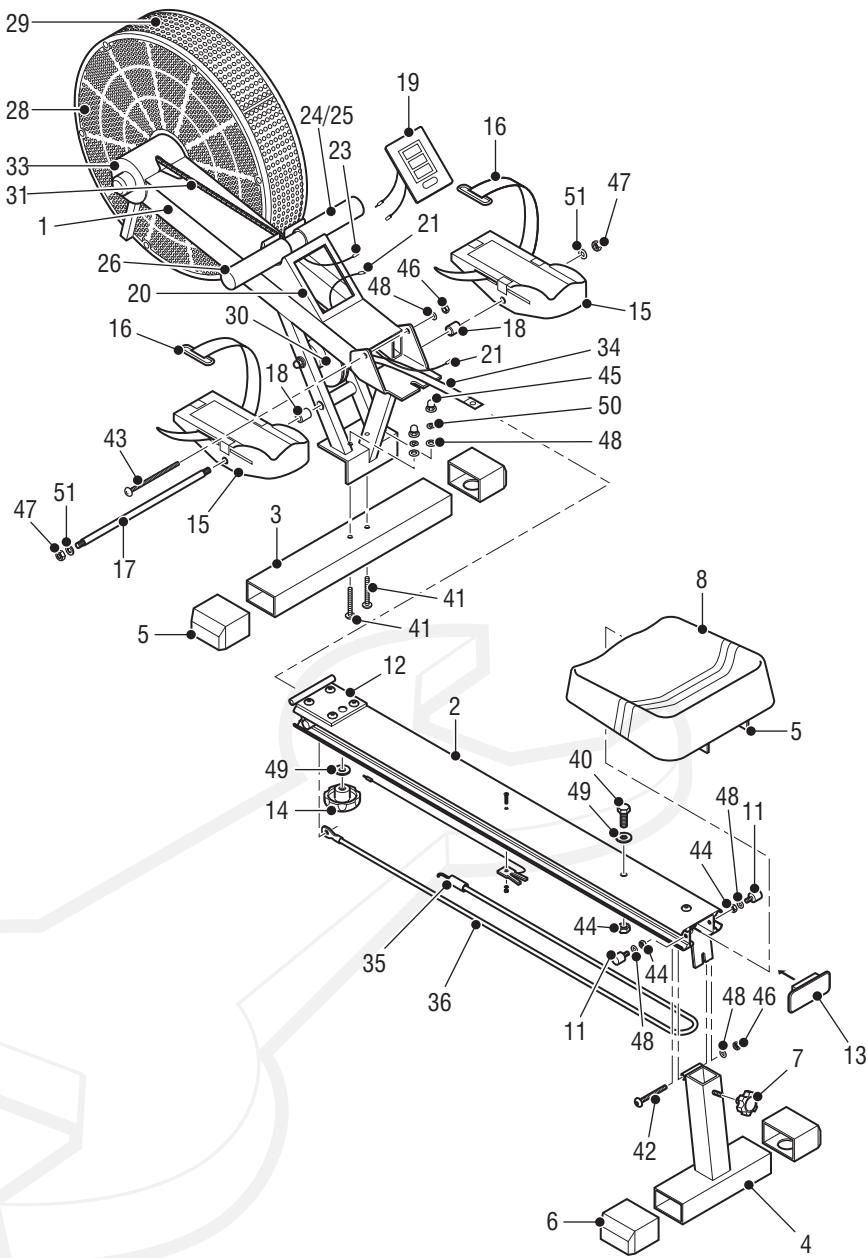
Check the positioning of the rowing rail sensor. Replace sensor cable. Replace computer.

“ Feet slip out of the footplates ”

Affects : All rowers

Solution : Fit the footstraps to the lower of the 2 positions in the footplates.

Assembly



Assembly



MASTER PARTS & ACCESSORY LIST

PART No.	DESCRIPTION	QTY
1	MAIN FRAME	1
2	MAIN ROWING RAIL	1
3	FRONT FRAME STABILISER	1
4	REAR FRAME STABILISER	1
5	FRONT STABILISER ROLLER CAP ..	2
6	REAR STABILISER CAP	2
7	REAR STABILISER KNOB	1
8	SEAT	1
9	SEAT CARRIAGE	1
10	SEAT CARRIAGE WHEEL ASSY ..	6
11	SEAT CARRIAGE STOP ASSY ..	3
12	ROWING RAIL PIVOT BRACKET ..	1
13	ROWING RAIL END CAP	1
14	ROWING RAIL PIVOT KNOB	1
15	FOOTPLATE	2
16	FOOTPLATE STRAP	2
17	FOOTPLATE CROSSBAR	1
18	FOOTPLATE CROSSBAR SPACER ..	2
19	EXERCISE MONITOR	1
20	EXERCISE MONITOR CONSOLE ..	1
21	EXERCISE MONITOR LINK CABLE	1
22	SEAT SENSOR CABLE	1
23	AIR FAN SENSOR CABLE	1
24	ROW GRIP	1
25	ROW GRIP HANDGRIP	2
26	ROW GRIP END CAP	2
27	AIR FAN ASSEMBLY	1
28	AIR FAN COVER (INNER & OUTER) ..	2
29	AIR FAN COVER INSERT	4
30	DRIVE WHEEL	1
31	DRIVE CHAIN	1
32	DRIVE GEAR SPINDLE	1
33	DRIVE GEAR COVER	1
34	DRIVE STRAP	1
35	DRIVE STRAP - CORD CLIP	1
36	RETURN CHORD	1
37	RETURN CHORD PULLEY	1
38	M4 x 60mm SHEET SCREW ..	6
39	M5 x 12mm MACHINE SCREW ..	2
40	M8 x 20mm HEX BOLT	1
41	M8 x 45mm CARRIAGE BOLT ..	2
42	M8 x 75mm ALLEN BOLT	1
43	M8 x 135mm ALLEN BOLT	1
44	M8 PLAIN NUT	4
45	M8 DOME NUT	2
46	M8 NYLON LOCKNUT	11
47	M10 NYLON LOCKNUT	2
48	M8 SMALL OD FLAT WASHER ..	7
49	M8 LARGE OD FLAT WASHER ..	2
50	M8 SPRING WASHER	2
51	M10 LARGE OD FLAT WASHER ..	2



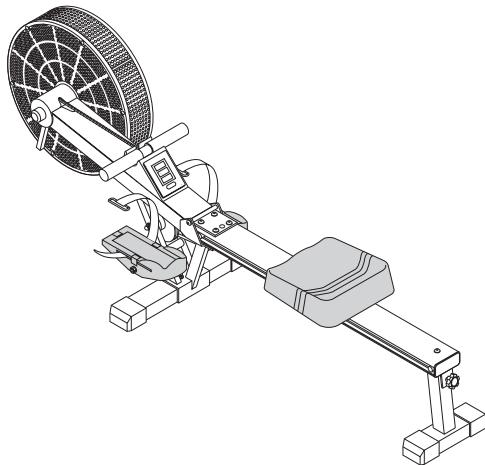
Note

The majority of the above parts will have been pre-fitted to the master part or component. Please check carefully as they may NOT be supplied separately.

V-fit

by

BENY[®] UK
SPORTS
L I M I T E D



Beny Sports Co. UK Ltd.

*Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW*

CUSTOMER SUPPORT

is open from 9.00am to 5.00pm from Monday to Friday



Tel: 0871 222 0882



Fax: 01535 637722



E-mail: beny@bensports.co.uk

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Printed April/2002